Report 2 : Enhancing User Experience and Personalization in Diet App: A Comprehensive Review and Recommendations

For Capstone Project (Part I)

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Recommendations:

- Modify the background design to reduce the stark contrast between the white and the two background colors (black and neon green).
- Standardize the font style across the pages.
- Determine the projected duration for the user to achieve their desired target weight based on the recommended calorie intake.
- To enhance the application, I suggest adding explanations for terms such as 'light active,' 'very active,' etc. This could include clarifying descriptions, such as 'light active (exercise 1-3 times a week),' to help users better understand the activity levels associated with each category.
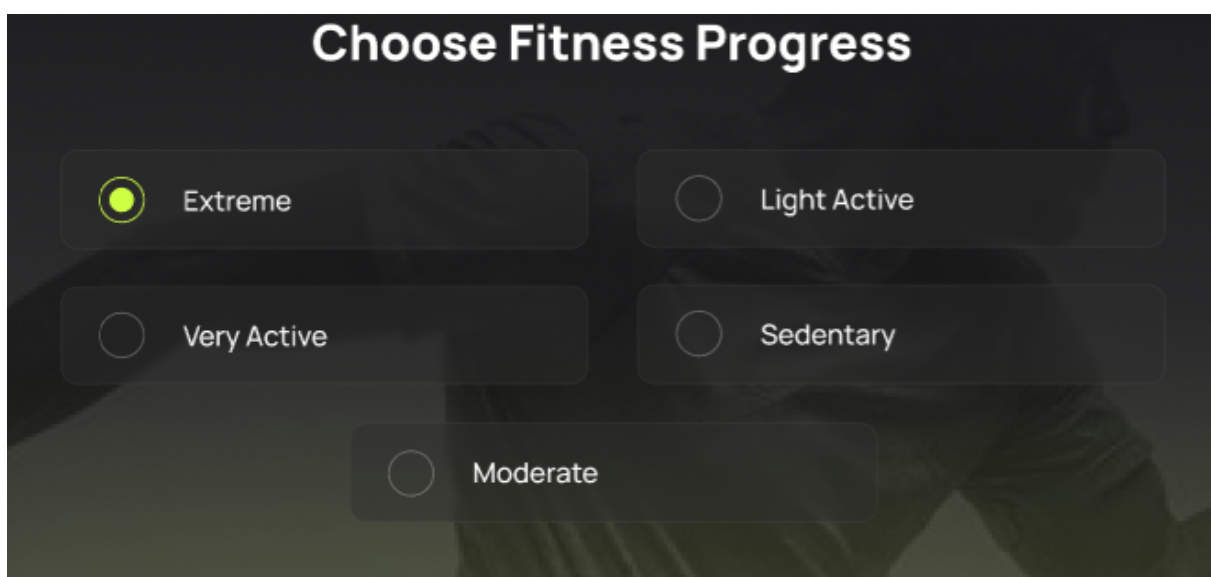
- It would be beneficial to incorporate an incremental stepper into the "Create the custom plan now" page. This feature allows users to adjust values by small, precise increments, offering a more granular control.

- While the calorie intake and menu are helpful, a more comprehensive approach would involve providing users with additional nutritional information and customization options to ensure the diet plan meets their individual needs and goals.
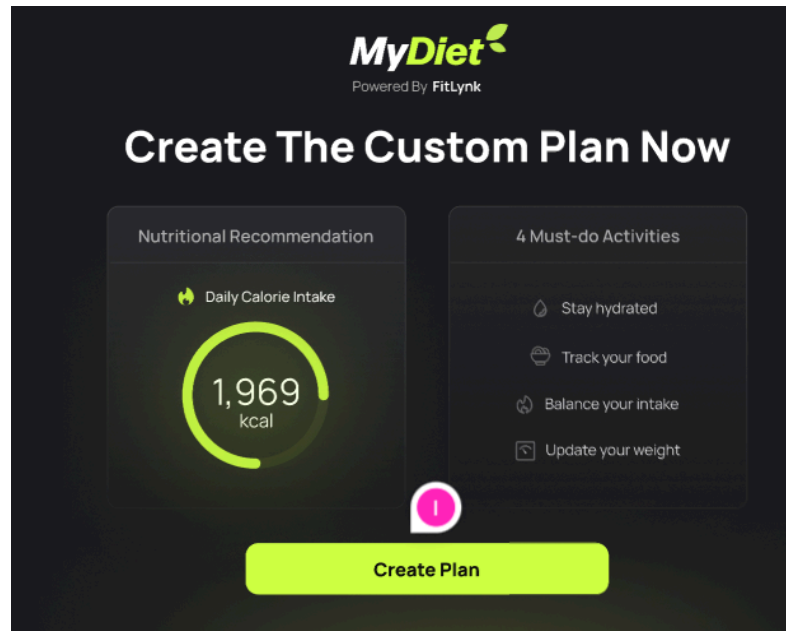
- **Nutritional Information:** Include a breakdown of macronutrients (carbohydrates, proteins, fats) for each item in the menu. This allows users to have a better understanding of the nutritional content of their meals and make informed choices.
- **Customization Options:** Provide users with the ability to customize their menu based on their dietary preferences, allergies, or restrictions. This could involve offering alternative meal suggestions or allowing users to swap out specific items for alternatives that better suit their needs.
- **Meal Planning Tools:** Implement meal planning tools that enable users to create their own meal plans from a database of recipes or pre-set meal options. This gives users more control over their diet and allows them to tailor their meal plans to their taste preferences and nutritional goals.
- **Integration with Fitness Trackers:** Integrate the app with fitness trackers or wearable devices to provide users with real-time feedback on their calorie intake and expenditure. This can help users better understand their energy balance and make adjustments to their diet accordingly.
- **Nutrition Coaching:** Offer optional nutrition coaching or consultation services within the app to provide users with personalized guidance and support in achieving

their dietary goals. This could involve connecting users with registered dietitians or nutritionists who can provide tailored recommendations based on their individual needs and lifestyle factors.

- Incorporate a feature where users can indicate any food allergies they may have (foods they want to exclude from their diet)
- Upon clicking on the suggested meal, users should have access to the detailed recipe for that dish.